EUROPEAN MASTERS ATHLETICS

EMA League 2026

Regulations

Introduction

European Masters Athletics (EMA) organizes the **second edition of the EMA League**, a circuit of indoor and outdoor Track & Field meetings dedicated to Master athletes.

The EMA League aims to:

- Provide optimal conditions for achieving outstanding performances;
- Offer increased competition opportunities in a stimulating environment;
- Foster interaction and friendship among athletes;
- Encourage diverse participation throughout the season; and
- Promote cultural exchange and diversity among participants.

The organizational focus is on ensuring efficient, well-structured meetings that allow participants to perform at their best.
Let's work together to make the EMA League a great success!

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1. Participation

All athletes meeting the Masters criteria — **aged 35 or older** and **licensed by their National Federation**, in accordance with **WMA Rules** — are eligible to participate.

The EMA League is **not a championship**; therefore, athletes **do not officially represent their countries**, and the use of national uniforms is **optional**.
Participation is also open to **non-European athletes**.

All participants are eligible for **individual meeting prizes** and **final circuit awards**.

1.1 Liability and Insurance

Participation is at the athlete's **own risk and responsibility**.
The Organizer shall not be held liable for any injury, illness, or damage sustained by a participant, **unless such damage results directly from the Organizer's intentional misconduct**.

If the Organizer's insurance policy covers certain damages and the insurer agrees to make a payment, the Organizer's liability is limited to the amount paid by the insurer.

Each participant is **responsible for obtaining personal insurance** to cover potential risks such as accidents, illness, or death related to participation in the event.

By registering, the athlete declares that they:

- Are in good physical and mental condition;
- Have undertaken adequate training for participation; and
- Have undergone any necessary medical examinations to confirm fitness to compete.

Participants are also liable for any damage they may cause to third parties, including other participants, officials, or volunteers.

1.2 Data Protection

By registering, athletes authorize the Organizer and European Masters Athletics to use their personal data (name, email, date of birth) for:

- Stage and final rankings; and
- Promotional purposes related to the EMA League.

All data will be processed in accordance with applicable **data protection laws**.

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2. Rankings

2.1 Meeting Results

Each meeting will publish its own results and award prizes according to its specific regulations.
Local Organizing Committees (LOCs) will transmit results to EMA using a standardized form approved by EMA.

2.2 Final Circuit Ranking

The **final EMA League ranking** will be based on performance, using the **WMA 2023 one-year age factors** and the **WA 2025 scoring tables**.
To qualify, athletes must participate in **at least two different meetings**.

For each athlete, EMA will consider the **best two performances** achieved in **two different meetings**.
The top three men and women in each of the following event groups will receive awards:

- **Sprints:** 60m, 100m, 200m, 400m, short and long hurdles
- **Middle Distance:** 800m, 1500m, 3000m, 5000m, Steeplechase
- **Throws:** Shot Put, Discus, Javelin, Hammer, Weight Throw
- **Jumps:** Long Jump, Triple Jump, High Jump, Pole Vault
- **Combined Events:** Decathlon, Heptathlon
- **Race Walk:** 3000m, 5000m, 10km, 20km

2.3 Overall and Special Awards

- **Overall Winners:** The best overall man and woman (based on highest performance scores) will receive an additional prize.
- **Fidelity Award:** All athletes who participate in at least **four meetings** will receive a special souvenir, regardless of performance.

2.4 Prize Delivery

The official **award ceremony** will take place during the **2027 EMA Stadia Championships**.
Athletes not present will be contacted to arrange prize delivery.
Monetary prizes will be distributed once the final rankings are officially approved.

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3. Prizes and Awards

Category	Place	Prize
Overall	1st man & woman	€200
	2nd & 3rd men & women	Plaque, diploma, souvenir
Specialties	1st man & woman	€140
	2nd & 3rd men & women	Plaque, diploma, souvenir
Fidelity	Participation in 4+ meetings	Special souvenir

Prizes may increase depending on the number of participants.

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4. Local Regulations

Each **Local Organizing Committee (LOC)** will publish its own **meeting regulations**.
These local rules apply unless they conflict with the **EMA League Regulations** or **WMA Technical Rules**, in which case the latter shall prevail.

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5. Calendar

Jan 17	Tartu (Estonia)	Indoor
Feb 28	Nantes (France)	Indoor
Mar 7	London Lee Valley (GBR&NI)	Indoor

May 22–24	Shkoder (Albania)	Outdoor
May, 31	London Woking (GBR&NI)	Outdoor
June, 27-28	Catania (Italy)	Outdoor
Jul 3–5	Thessaloniki (Greece)	Outdoor
Aug, 8-9	Parnu (Estonia)	Outdoor
Aug, 30	London Weir Archer (GBR&NI)	Outdoor
Sep, 3	Liepaja (Latvia)	Outdoor
Sep, 12-13	Klaipeda (Lithuania)	Outdoor
Sep, 12	Bellinzona (Switzerland)	Outdoor